

International Conference on Nurturing Sustainability through Innovations in Science and Technology for Global Welfare



Contribution ID: 261

Type: Poster

Spirulina Sustenance: The Algal Alternative For Meal Replacement Bars

Spirulina meal replacement bars offer a convenient, nutrient-dense alternative to traditional meals, with the potential to address specific dietary needs and improve global health outcomes. A 2011 study on *Spirulina platensis* highlighted its rich nutrient profile, including antioxidants that protect cells, reduce inflammation, and support heart health by lowering cholesterol. Spirulina also shows potential in alleviating allergy symptoms like hay fever and enhancing physical performance, making it popular among athletes.

Our current research into Spirulina-based meal replacement bars aims to explore their effectiveness in addressing dietary deficiencies across diverse populations. This study anticipates several key outcomes: first, it aims to showcase the superior nutritional benefits of Spirulina bars compared to traditional meals. Second, it will address challenges related to production, distribution, and consumer acceptance, leading to strategies for overcoming these barriers. Finally, the research will assess the broader impact of Spirulina products on global food security, particularly in mitigating malnutrition and promoting sustainable nutrition practices. Spirulina's sustainability, combined with its potential to improve health and nutrition, positions it as a valuable tool in addressing malnutrition and supporting global food security initiatives, making it a promising addition to the future of food.

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Track Classification: Food and Nutrition